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U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
OCTOBER 4, 1933 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U.S. Department of Agriculture.

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	:			
:	Every meal -- Milk for children, bread for all.	:		
:	Every day --	Two to four times a week --	:	
:	Cereal in porridge or pudding	:	Tomatoes for all	:
:	Potatoes	:	Dried beans and peas or peanuts	:
:	Tomatoes (or oranges) for children	:	Eggs (especially for children)	:
:	A green or yellow vegetable	:	Lean meat, fish, or poultry or	:
:	A fruit or additional vegetable	:	cheese	:
:	Milk for all	:		:
:	:	:		:

GOOD WAYS TO USE SALT PORK

A dozen good ways to serve salt pork are suggested by the Bureau of Home Economics of the U.S. Department of Agriculture. The millions of pounds of pork lately sold by farmers in compliance with the Agricultural Adjustment program is being cured by dry salting, and approximately 20 million pounds are now ready for free distribution to needy families through the Federal Emergency Relief Administration. To demonstrate economical uses of that meat supply, while at the same time producing appetizing dishes for the dinner table, the food specialists of the bureau "turned to" in their experimental laboratory last week. The recipes they produced are good not only for the pork that will be distributed as relief rations. They are equally good, of course, for the salt pork you buy at the store.

Salt pork has perhaps more uses than any other kind of meat. You can



serve it fried, with milk gravy. Serve this with hominy and tomatoes or cabbage and you have a good full meal. Chop up the fat pieces and fry them 'till crisp, and you have a delicious seasoning for chowders, vegetables, or quick breads. Baked beans, as everybody knows, are not baked beans without salt pork. And salt pork, in crisp bits, mixed with bread crumbs, makes quite another thing of the ordinary stuffing for peppers or tomatoes. There is nothing better than salt pork for "toning up" starchy foods like potatoes, rice, or macaroni, and the crisp bits are a good addition to scalloped dishes such as sweetpotatoes and apples; cabbage and apples; tomatoes and kidney beans, lentils, potatoes, or hominy.

Good-sized pieces of lean salt pork--say from the shoulder--are good if boiled and sliced like ham. Boiled, by the way, is what we call it, but the Bureau of Home Economics says really it should be simmered just below the boiling point.

Or you can bake this kind of a piece--after soaking and parboiling. It needs a slow oven and a long time. Whether boiling or baking, for economy cook a big piece and use it for several meals. Left-over salt pork can be used in much the same ways as leftover ham or shoulder that is smoked.

One thing to remember about salt pork is this: The salt on the meat is a preservative. It helps to keep it, and should not be washed off until you are ready to use that piece of meat. For lean salt pork, of course, you need to do more than wash off the salt. Soak it for several hours. If it is a big lean piece, and very salty, soak it overnight and cook it in more than one water.

Here are additional salt pork suggestions--some are good one-dish meals:

Fried Salt Pork with Apples

Cook sliced fat salt pork in water, drain, and fry until crisp. Use some of the drippings for making milk gravy and the rest to fry apples, or apples and carrots. Served with hot biscuit, corn bread, rice, or hominy, this is a good supper menu for a cold winter evening.

Vegetable Chowder

Fry 1 cup diced salt pork until crisp and remove the browned pieces from the fat. Chop an onion fine and cook it in the fat. In the meantime boil 2 cups diced raw potatoes, and 1 cup each of chopped cabbage, turnips, and carrots in 1 pint unsalted water. As soon as the vegetables are tender, add 1 pint milk (fresh milk, or evaporated or dried milk made up with water), and the cooked salt pork and onions. When heated, season to taste with pepper, and salt if needed.

Panned Savory Greens

Fry until crisp 1/2 cup of diced fat salt pork. Add 2 quarts of shredded cabbage, kale, spinach, or other greens, cover the pan, and cook slowly until tender. Add pepper, 2 tablespoons of vinegar, and salt if needed.

Salt-Pork Hash

Chop an onion and fry it in 1/4 cup of salt-pork drippings. Add 2 cups each of chopped cooked lean salt pork and unsalted cooked whole wheat. If desired, add chopped green pepper or carrot. Stir until heated thoroughly. Or use rice or hominy in place of the whole wheat.

Salt-Pork Stew

Cut 1 pound of raw lean salt pork into small pieces, soak, and parboil it. Cook until tender in 1 quart of water. Then add 1 pint each of diced raw potatoes, turnips, and carrots and a little thyme, if desired. Cook until the vegetables are tender. Thicken the stew slightly with flour mixed with cold water. Season to taste with pepper, and salt if needed.

Salt-Pork Scrapple

Make mush of 2 cups of corn meal and 2 quarts of unsalted water. Add 2 to 3 cups of chopped cooked lean salt pork. Season with 1/2 teaspoon of rubbed sage, if desired. Pour into wet pans, let stand until cold and firm, slice, and fry until brown.

Salt-Pork Sandwiches

Mix chopped cooked lean salt pork with one or more of the following: chopped hard-cooked eggs, raw cabbage, onion, cottage cheese, or pickles. Or season the meat with catsup, mustard, or grated horseradish.

Spanish Rice

Chop about 1/2 pound of salt pork and fry until crisp. Slice 2 onions and brown them in the fat. Add 1 quart of fresh or canned tomatoes and 3 to 4 cups of cooked rice. Season to taste with pepper, and salt if needed.



U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
OCTOBER 11, 1933 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	:		
:	:		
:	Every meal -- Milk for children, bread for all	:	
:	:	:	
:	Every day --	Two to four times a week --	:
:	Cereal in porridge or pudding	Tomatoes for all	:
:	Potatoes	: Dried beans and peas or peanuts	:
:	Tomatoes (or oranges) for children	Eggs (especially for children)	:
:	A green or yellow vegetable	: Lean meat, fish, or poultry or	:
:	A fruit or additional vegetable	cheese	:
:	Milk for all	:	:
:	:	:	:

POTATOES AND SWEETPOTATOES ARE MUCH ALIKE IN FOOD VALUE

Potatoes every day in the week. That is one suggestion in the low-cost food guide issued by the Bureau of Home Economics of the U. S. Department of Agriculture. Does it seem like too many potatoes? It is not, the bureau says, and the reason is, of course, the substantial food values you get for your money, plus the fact that most people like potatoes well enough to eat them oftener than any other vegetable. Many people do eat them every day, just because they want to. That is true of white potatoes wherever they are cheap, and it is true of sweetpotatoes, or yams, in their territory.

Some think of potatoes as meaning only Irish potatoes, or white potatoes.

To them sweetpotatoes seem a different kind of food-- sometimes they even serve both at one meal. That is not good^{practice}, says the bureau, for both are starchy vegetables. In fact, although they seem to be different and are different in some respects, white potatoes and sweetpotatoes are so much alike in food value that in planning a meal you can use either one in place of the other-- paying due attention, of course, to the best combinations of flavor and color for the meal as a whole.

In other words, you might prefer to use sweetpotatoes with ham, and white potatoes with beef-- and you would be quite as well fed on one as the other. That is something to remember just now because sweetpotatoes, which usually cost more than white potatoes in northern markets, are selling there for about the same price. In the South the sweets, or yams, nearly always sell for less than white potatoes-- but for variety's sake it is good to change off now and then when you can.

The reason these two kinds of potatoes seem different is largely a matter of geography, which nearly always affects food habits. Both kinds of potatoes, in the days of Columbus, were growing in South and Central America. But the white potato, reaching us by way of Europe and the early English settlers, took hold best in the North. All our States grow some white potatoes, but the States that now raise the biggest crops lie along our Canadian border.

Sweetpotatoes grow best in the South, and are grown most there, though several middle and eastern border States are now growing sweetpotatoes for market. Southern people, however, use most of the crop. The yam, as they call it, is their long-time favorite.

Both kinds of potatoes are good energy and body-building foods. The chief differences in food value are in the greater quantity of sugar in the sweetpotato, and of vitamin A. The sweetpotato, in fact, is a very good source of vitamin A. The white potato, however, contains more iron.

When it comes to variety of uses, the white potato takes the lead. You can use it in soups, in combination with a great many other vegetables and meats, and in salads. The sweetpotato appears usually as a main vegetable dish, often in combination with fruits, or as dessert, in pie.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk	25 - 31 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	2½ "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 20 "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

LOW-COST MENU FOR ONE DAY

Breakfast

Hot Cereal - Toast
Tomato Juice for Youngest Child
Coffee (adults) - Milk (children)

Dinner

Baked pork shoulder
Sweetpotatoes scalloped with Apples
Panned Kale or Cabbage - Corn Bread
Tea (adults)- Milk (children)

Supper

Corn Chowder - Toast
Fresh Grapes
Milk for all

RECIPES

Corn Chowder

1 quart diced raw white potatoes	1 pint milk
1 pint boiling water	½ teaspoon salt
4 tablespoons diced salt pork	Pepper
1 onion, chopped	2 tablespoons chopped parsley
2 cups canned corn	

Boil the diced potatoes in the pint of boiling water for 10 minutes. Fry the salt pork and onion for about 5 minutes, and add these and the corn to the potatoes. Cook until the potatoes are done. Add the milk and the salt and pepper, bring the mixture to the boiling point, and add the parsley or celery leaves. Serve very hot in soup dishes and place two or three crackers in the dish before pouring in the chowder.

Scalloped Sweetpotatoes with Apples

3 medium-sized sweetpotatoes	$\frac{1}{2}$ cup sugar
4 medium-sized apples, pared and cored	$\frac{1}{2}$ teaspoon salt
	Butter, or crisped bits of salt pork

Cook the sweetpotatoes in boiling water until tender; cool, and skin. Cut the sweetpotatoes and apples into slices, place in alternate layers in a greased baking dish, sprinkle each layer with sugar and salt, dot with butter or with the salt pork, add a little water, and bake for 30 to 45 minutes, or until the apples are soft and the top layer is brown. Serve in the baking dish.

Potatoes in Cream Sauce with Cheese

$1\frac{1}{2}$ cups milk	$\frac{1}{4}$ pound cheese, grated
2 tablespoons flour	4 cups cooked diced potatoes
2 tablespoons butter or other fat	1 teaspoon salt

Make a sauce of the milk, flour, fat, and salt. Add the cheese, and stir until melted. Pour the hot sauce over the hot potatoes and serve.

Potatoes in Tomato Sauce

1 quart potatoes, sliced	3 cups strained tomatoes
1 onion, sliced	2 teaspoons salt
4 tablespoons butter or other fat	Pepper

Cook the potatoes and onion in the fat for 20 minutes, add the strained tomatoes, salt, and pepper, cover, and simmer for 30 minutes, or until the potatoes are tender. The potato thickens the tomato juice so that no other thickening is necessary.

Sweetpotato Pie

$1\frac{1}{2}$ cups boiled, riced, sweetpotatoes	$\frac{1}{2}$ teaspoon salt
2 cups milk	1 egg
$\frac{1}{4}$ cup sugar	2 tablespoons butter
$\frac{1}{2}$ teaspoon ginger	Pastry

Heat the sweetpotatoes, milk, sugar, ginger, and salt in a double boiler. Pour some of the hot mixture into the beaten egg, mix all together, and add the butter. Pour the hot filling into a deep baked pastry shell, and bake in a moderate oven (350° F.) for about 30 minutes, or until the filling sets.

INFORMATION FOR THE PRESS



U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON, D. C

RELEASE FOR PUBLICATION
OCTOBER 18, 1933 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all.

Every day --

Cereal in porridge or pudding

Potatoes

Tomatoes (or oranges) for children :

A green or yellow vegetable

A fruit or additional vegetable

Milk for all

Two to four times a week --

Tomatoes for all

Dried beans and peas or peanuts

Eggs (especially for children)

Lean meat, fish, or poultry or

cheese

WINTER VEGETABLES AND THE FOOD BILL

Winter vegetables are what we have to plan with now or very soon. Gardens are gone or fast going, their crops are in storage or on the way. Cutting every possible corner to keep the family food bill down and yet not leave out any of the necessities, how shall we make up the weekly market list of winter vegetables?

The range of possibilities is familiar. Besides potatoes and sweetpotatoes, one or the other of which we may usually take for granted as running cheap in some part of the country all the time, we may put down the winter vegetables in three classes, says the Bureau of Home Economics of the U. S. Department of Agriculture.

There are those that develop underground-- the roots, including carrots, turnips and beets, also onions, which are bulbs.

There are the green leaves, including cabbage, kale, collards, spinach, and

turnip tops. One or more of these will be found all through the winter in some markets, cabbage doubtless everywhere.

There are pumpkin and squash, which are now making the fields and roadsides gay with color.

Then there are, indoors, the canned and dried summer vegetables which you may have put up yourself, or which you can buy at relatively low cost in the store. At the top of this list come canned tomatoes, dried beans, dried peas, and dried corn.

All those vegetables are low-priced as a rule everywhere. And they have the same or better food values than the higher-priced vegetables-- a fact which helps considerably.

It so happens also that many of those foods combine well with such a staple as potatoes, or with cereals. They have much less starch, and they all contribute mineral and vitamin values needed to round out the ordinary meal.

The question is how to find ways to make these old standbys seem new and different. It is so easy to get into a rut in meal-planning-- and likewise in cooking the meals. What can be done about that?

One trick is to use some vegetables raw as often as you can-- in salad, or in slices or sticks, as if they were celery. Then you get all their best food values, and also a crispness and a flavor which peeps up the rest of your meal. Serve carrots, turnips, cabbage, or onions raw sometimes.

Then there are more or less unusual ways of preparing some of the common vegetables, to make old timers seem like something new. Carrots scalloped or fried with apples, for example. Or cabbage scalloped with apples. Remember, too, that carrots taste good and also retain nearly all their food value when steamed or when baked with a pot roast. Try, also, serving them diced and added to stews or creamed dishes just in time to heat through but not lose their crispness. You will like their flavor and texture this way.

Onions are too often thought of just as seasoning for other foods. Baked onions, stuffed with breadcrumbs or with rice seasoned with chopped salt pork or with peanuts, make a most attractive dish, and a "different" one, in place of some more expensive vegetable. So do onions scalloped with tomatoes, or with cheese.

Cabbage panned (cook it just a few minutes, leaving it still green or white and crisp); kale panned in milk-- any greens cooked in milk-- make a change from the usual thing.

Here are a few vegetable plates-- suggestions from which to make a choice if you want a vegetable dinner:

Baked potatoes, onions scalloped with tomatoes. An oven dinner, to which you could add hot biscuits.

Mashed sweetpotatoes, baked onions stuffed with peanuts and breadcrumbs.

Spoonbread, made with or without eggs, and with bits of salt pork in the batter, would go well with this.

Creamed potatoes, carrots fried or scalloped with apples. Whole wheat biscuits would be good with this.

Spanish rice, raw carrot sticks. Almost a one-dish meal, with which you might like rye bread.

Blackeyed peas seasoned with salt pork, turnip sticks. Corn pone for bread.

Five-minute cabbage, Harvard beets, fried corn-meal mush.

Fried potatoes, baked squash, cold slaw, rolls.

Baked beans, or dried corn, stewed tomatoes, steamed brown bread.

Mashed turnip, hashed brown potatoes or fried hominy, sliced raw onion.

Toast.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16 pounds
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 quarts
Evaporated milk	25 - 31 tall cans
Potatoes	15 - 20 pounds
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Fats, such as lard, salt pork, bacon, margarine, butter, etc.	2½ "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 20 "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

RECIPES

Vegetables au Gratin

Mix two or more kinds of fresh-cooked or left-over vegetables such as string beans, carrots, and turnips or cabbage, and place in a shallow baking dish. Pour over the vegetables thin white sauce to which cheese has been added. Cover with buttered bread crumbs and bake in a moderate oven until the sauce bubbles and the crumbs are brown.

Stuffed Onions

5 large mild onions	2 cups bread crumbs
3 tablespoons butter or other fat	1 teaspoon salt
$\frac{1}{2}$ cup chopped peanuts	Pepper
2 tablespoons chopped parsley.	

Skin the onions, cut in half crosswise, simmer in salted water until almost tender, and drain. Remove the centers without disturbing the outer layers and chop fine. Melt 2 tablespoons of the fat in a frying pan, add the chopped onion, and cook for a few minutes. Push the vegetables to one side, melt the remaining fat and add to it the bread crumbs, peanuts, salt, and pepper, then combine with the vegetables. Fill the onion shells with the stuffing, cover, and bake in a moderate oven for about 30 minutes, or until the onions are tender. Remove the cover from the baking dish during the last of the cooking so the onions will brown on top. If desired, use peanut butter instead of chopped peanuts, working it into the bread crumb stuffing.

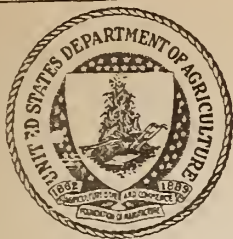
Cabbage and Garrot Salad

Chop cabbage and carrots together, and serve on a cabbage leaf with cooked salad dressing. Add chopped peanuts if desired.

Cooked Salad Dressing

1 teaspoon salt	2 tablespoons sugar
Mustard	1 cup milk
Dash of white pepper	1 egg
Paprika	6 tablespoons vinegar
3 tablespoons flour	2 tablespoons butter or other fat

Sift the dry ingredients together to mix them thoroughly, add the cold milk, stir until well blended, then cook in a double boiler until thickened. Cover and cook 10 minutes longer. Beat the egg until very light and add some of the hot mixture to the egg gradually. Then combine and cook the whole mixture a few minutes longer. Add the vinegar slowly, stir and continue to cook until fairly thick; then add the butter or other fat.



U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON, D. C.

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OCTOBER 25, 1933 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U.S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all.

Every day --

Two to four times a week --

Cereal in porridge or pudding

Tomatoes for all

Potatoes

Dried beans and peas or peanuts

Tomatoes (or oranges) for children

Eggs (especially for children)

A green or yellow vegetable

Lean meat, fish, or poultry or

A fruit or additional vegetable

cheese

Milk for all

HALLOWEEN PIES AND OTHERS

Pies are so good that we often forget how cheap they can be. Here is the itemized bill for one pie that will yield six generous slices: Less than 2 cents for flour, a fraction of 1 cent for lard, a little water, which costs nothing, and there, for $2\frac{1}{2}$ cents, you have the makings of the pie crust. Five cents worth of pumpkin, 2 cents worth of butter, a little over 3 cents for milk, 2 cents for an egg, something less than 2 cents for sugar and spice--add these figures to the cost of the crust and you have for 15 cents the makings of a pumpkin pie for supper on Halloween.

Still cheaper and scarcely less appropriate or festive for Halloween would be an apple pie--and if you put some very thin slices of cheese (or grated cheese)

over the top just before you take this pie out of the oven, and leave it long enough to melt the cheese, you have an extraordinarily tempting pie to serve hot--and hot fruit pies are super-good.

At this time of year there is another nice pie--a green tomato pie--which should be very cheap in any part of the country where tomatoes are plentiful.

To be at their best, pies should, of course, be served in a right combination with other foods, according to the particular kind of pie. For one thing, the rest of the meal should not be too heavy with starch and fat, for you have both of those food materials in the pie crust. If you are following the suggestions of the Bureau of Home Economics for a low-cost balanced diet, you would serve a green vegetable or a yellow one every day. But you would not serve pumpkin pie the day you serve carrots or Hubbard squash or sweetpotato for dinner. The pumpkin is not only like the squash and sweetpotato in texture and color, but is also a source of vitamin A for which all three of the yellow vegetables are useful. With pumpkin pie, baked white potatoes would be good, with shredded raw cabbage for crispness and for its vitamin C. Or a curry of lamb or veal in a rice ring, after a tomato cocktail, which you would serve for its vitamin C as well as its flavor.

There are good substitutes for pumpkin pie, by the way, and they are sweetpotato pie or squash pie, made by almost the same recipe as the pumpkin pie. Sweetpotatoes have much more starch than either pumpkin or squash, however, and sweetpotato pie would be best in a meal with, say, panned cabbage or baked or boiled onions, or snap beans. But the sweetpotato or the squash pie might be, in some parts of the country, cheaper than the pumpkin pie.

With apple pie, sweetpotatoes or baked squash would be excellent, giving you some vitamin A and some vitamin C. A stew or a chowder would be good, and such a dish, with the pie, would make a full meal and a cheap one.

What is true of fruit pies is true also of dumplings, cobblers, and short-cakes, and these may be cheap or expensive according to the kind of fruit, the amount of sugar, and the kind of sauce. But none is cheaper, probably, than apple dumplings, or peach dumplings (using canned or dried peaches) and many people think that, for taste or cost, there is no sauce better than brown sugar sauce.

Shortcakes can be made with any kind of fruit, including canned or dried fruits. A prune shortcake, for instance--why not? Or dried apricots? Or bananas? Then there are fried pies--turnovers filled with dried apples or peaches, or apricots, or prunes, and fried in a skillet--to be served hot, of course.

Bread.....	12 - 16 lbs.
Flour.....	1 - 2 "
Cereal.....	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk.....	25 - 31 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.....	2½ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs.....	5 - 7 "
Eggs (for children).....	8 eggs

MENU FOR ONE DAY

Breakfast

Fried Mush - Sorghum
Tomato Juice for youngest child
Coffee (adults) - Milk (children)

Lunch

Creamed Frizzled Chipped Beef
Boiled or Fried Potatoes
Spiced Prunes
Hot Tea (adults) - Milk (children)

Dinner

Baked Beans - Whole Wheat Bread
Carrot Sticks
Green Tomato Pie
Milk for all.

RECIPES

Apple Pie with Melted Cheese

4 to 6 tart apples (more if small; double if small green apples)	3/4 cup sugar
Pastry	1/4 teaspoon cinnamon
	1/4 teaspoon salt
	2 tablespoons butter

Pare, core, and slice the apples. Line a deep pie pan with pastry, spread a layer of apples over the bottom, sprinkle with a mixture of the sugar, cinnamon, and salt, dot with butter, and repeat until all are used. Add the top sheet of pastry. Put the pie in a moderately hot oven (400° F.) for 10 minutes, lower the temperature to more moderate heat (375° F.), and bake the pie for 30 to 35 minutes, or until the apples are tender and the crust is golden brown.

After the pie is baked, lay thin slices of cheese or grated cheese over the top, and put in a very moderate oven (325° F.) until the cheese is melted. Serve at once while the cheese is warm. Either a freshly baked or a cold pie may be prepared in this way.

Pumpkin or Squash Pie

1½ cups cooked pumpkin or squash	1/4 teaspoon mace
1 cup milk	1/2 teaspoon salt
1/2 cup sugar	1 egg
1 teaspoon cinnamon	2 tablespoons butter
1/2 teaspoon allspice	Pastry

Heat the pumpkin or squash, milk, sugar, spices, and salt in a double boiler, add the beaten eggs and butter, and mix well. Pour the hot filling into a deep baked pastry shell, and bake in a moderate oven (350° F.) about 30 minutes, or until the filling sets.

Green Tomato Pie

6 medium-sized green tomatoes	1/8 teaspoon salt
2 tablespoons water	1/4 teaspoon cinnamon
1/2 lemon, sliced	2 tablespoons butter
2 tablespoons cornstarch	Pastry
1 cup sugar	

Wash the tomatoes, remove stem and blossom ends, and cut into thin slices. Cook the tomato, water, and lemon until the tomatoes are almost tender and drain. When the tomato liquid has cooled add the cornstarch, which has been mixed with the sugar and salt, and cook until thickened. Add the tomatoes, cinnamon, and butter, and mix thoroughly. Pour the hot mixture into a baked pastry shell, add the top sheet of dough and bake in a moderately hot oven (375° to 400° F.) for about 30 minutes, or until golden brown.

